

Claim Listing

1. (Cancelled)
2. (Currently amended) Product according to claim [[1]] 23, wherein said monitoring means includes electronic processing means to process said temperature readings.
3. (Currently amended) Product according to claim [[1]] 23, wherein said temperature sensor includes a thermocouple.
4. (Currently amended) Product according to claim [[1]] 23, wherein said temperature sensor is of the no-contact type.
5. (Previously presented) Product according to claim 4, wherein said temperature sensor is an infrared sensor.
6. (Currently amended) Product according to claim [[1]] 23, further comprising protection means to prevent contamination of said temperature sensor by external agents.
7. (Currently amended) Product according to claim [[1]] 23, further comprising an output interface to display said temperature readings.
8. (Cancelled)
9. (Cancelled)
10. (Currently amended) Product according to claim [[1]] 23, wherein said body temperature is measured at intervals.
11. (Currently amended) Product according to claim [[1]] 23, further comprising control means to control the beginning and the end of a cycle of said measurements.
12. (Currently amended) Product according to claim [[1]] 23, wherein said sensor is able to read said temperature measurements by placing a body part of said individual near or on said sensor.
13. (Currently Amended) Product according to claim 12, wherein said sensor is able to read said temperature measurements by placing a finger of said individual near or on said sensor.
14. (Cancelled)
15. (Cancelled)
16. (Cancelled)
17. (Cancelled)
18. (Currently amended) Product according to claim [[1]] 23, wherein said product is in the form of a control console for training equipment.

19. (Cancelled)

20. (Currently amended) Product according to claim ~~[[1]]~~ 23, further comprising independent power supply means.

21. (Cancelled)

22. (Currently amended) Product ~~[[Training equipment]]~~ according to claim 21, wherein the product is training equipment ~~said equipment comprises~~ comprising at least one handle, or handgrip, provided with a projection and wherein said sensor is placed near said projection.

23. (New) A product for measuring the effectiveness and efficiency of a warming-up and winding-down physical activity performed by an individual having a body temperature, said apparatus comprising:

- a temperature sensor for measuring the individual's body temperature before and after the warming-up activity;

- a monitoring means for monitoring variations in the body temperature of the individual as a result of the warming-up activity;

- a temperature processing means for determining when the individual has reached pre-established training conditions; and

- an informing means for informing the individual that the individual's body temperature has increased approximately 1.7⁰ C by emitting a signal.

24. (New) The product of claim 23 wherein the temperature sensor continuously measures the individual's body temperature during the warming-up activity.

25. (New) A product for measuring the effectiveness and efficiency of a warming-up and winding-down physical activity performed by an individual having a body temperature, said apparatus comprising:

- a temperature sensor for measuring the individual's body temperature before and after the warming-up activity, and before and after the winding-down activity;

- a monitoring means for monitoring variations in the body temperature of the individual as a result of warming-up, performing the activity, and winding-down;

- a temperature processing means for determining when the individual has reached pre-established training conditions; and

an informing means for informing the individual that the individual's body temperature has increased in a range of 1.5-2.0⁰ C by emitting a signal.

26. (New) A method of using an activity apparatus while exercising, said method comprising the steps of:

measuring an individual's body temperature before warming-up using the activity apparatus;

using the activity apparatus to monitor the individual's body temperature while the individual warms-up;

determining that the individual's body temperature has arisen in a range of 1.5-2.0⁰ C; and

informing the individual that he or she is now warmed-up by emitting a signal.

27. (New) The method of Claim 26 comprising the steps of:

monitoring the individual while the individual performs an activity;

measuring an individual's body temperature before winding-down using the activity apparatus;

using the activity apparatus to monitor the individual's body temperature while the individual winds-down;

determining that the individual's body temperature has fallen at least 1.3⁰C; and

informing the individual that he or she is now wound-down.

28. (New) The method of Claim 26 wherein the activity apparatus comprises a sensor for measuring the individual's body temperature, and an output interface for displaying the temperature readings of the sensor.